



**PORTMAN COMMUNITY  
RECREATION CENTER**  
4601 MCCULLOCH ST, DULUTH MN 55804



# September 2016

Theresa Mellinger - City of Duluth Senior Center Coord.  
AEOA Senior Dining -Monday or Friday

(218) 390-9429  
(218) 727-4321

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	Roast Beef Dinner & Fresh Fruit 1	Boiled Dinner or ALT & Fruit 2 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	3
4	HOLIDAY - CLOSED	5 Spaghetti & Fresh Fruit	6 Roast Pork Loin, Pineapple Upside Down Cake 8:30 UCare Exercise 9:00 Coffee Club	7 Hawaiian Turkey Burger on Bun & Fruit	8 Chicken & Dumplings Fresh Fruit 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	10
11	11 Chicken Chili & Fruit 8:30 Ucare Exercise 12:00 Bridge 12:00 Bingo	12 Meatloaf Dinner Fresh Fruit	13 Champagne Chicken & Fruit 8:30 UCare Exercise 9:00 Coffee Club	14 Ham Dinner or ALT Fresh Fruit 1:00 AARP refresher course call 218-730-4319 to register	15 Sauerkraut Hotdiah Peaches & Cream Bar 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	17
18	18 Beef Stroganoff & Fruit 8:30 Ucare Exercise 12:00 Bridge 12:00 Bingo	19 Southwest Chicken Wrap & Gingersnap Cookie	20 Roast Turkey Dinner & Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club	21 Porcupine Meatballs & Fruit	22 Farmhouse Omelet Cinnamon Roll 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	24
25	25 Chile & Fruit 8:30 Ucare Exercise 12:00 Bridge 12:00 Bingo	26 Cr of Potato Soup & Cold Meatloaf Sandwich, Fruit	27 Stew & Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club	28 Special Of the Day	29 Cabbage Roll Dinner Fresh Fruit	1